

181460 Assorted Mini Muffins

Raspberry Muffins

Nutrition Facts	
Serving Size 1 muffin (35g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 60
% Daily Value*	
Total Fat 9g	18%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 25mg	5%
Sodium 125mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	1%
Sugars 9g	
Protein 2g	
Vitamin A 0% • Vitamin C 2%	
Calcium 0% • Iron 2%	

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than 65g	80g	80g
Saturated Fat	Less than 20g	25g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Blueberry Muffins

Nutrition Facts	
Serving Size 1 muffin (35g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 60
% Daily Value*	
Total Fat 6g	12%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 20mg	4%
Sodium 115mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	2%
Sugars 8g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than 65g	80g	80g
Saturated Fat	Less than 20g	25g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE EGGS, SOYBEAN OIL, WHEY, FOOD STARCH-MODIFIED, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), VITAL WHEAT GLUTEN, SALT, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DEXTROSE, TRICALCIUM PHOSPHATE, ARTIFICIAL FLAVOR, WHEAT STARCH, CITRIC ACID, ASCORBIC ACID (DOUGH CONDITIONER), SOYBEAN OIL, RASPBERRIES, WATER, CONTAINS 2% OR LESS OF: CALCIUM PROPIONATE.

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE EGGS, SOYBEAN OIL, WHEY, FOOD STARCH-MODIFIED, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), VITAL WHEAT GLUTEN, SALT, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DEXTROSE, TRICALCIUM PHOSPHATE, ARTIFICIAL FLAVOR, WHEAT STARCH, CITRIC ACID, ASCORBIC ACID (DOUGH CONDITIONER), SOYBEAN OIL, BLUEBERRIES, WATER, CONTAINS 2% OR LESS OF: BEET FIBER, CALCIUM PROPIONATE.

Karat Muffins

Nutrition Facts	
Serving Size 1 muffin (35g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	12%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 15mg	3%
Sodium 115mg	5%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	2%
Sugars 8g	
Protein 1g	
Vitamin A 20% • Vitamin C 2%	
Calcium 0% • Iron 2%	

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than 65g	80g	80g
Saturated Fat	Less than 20g	25g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Lemon Poppy

Nutrition Facts	
Serving Size 1 muffin (35g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	14%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 20mg	4%
Sodium 120mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	2%
Sugars 8g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than 65g	80g	80g
Saturated Fat	Less than 20g	25g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, CARROTS, PINEAPPLE, UNSWEETENED PINEAPPLE JUICE, WHOLE EGGS, RAISINS, CONTAINS 2% OR LESS OF: FOOD STARCH-MODIFIED, SALT, CORN STARCH, SODIUM BICARBONATE, ANHYDROUS SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, BEET FIBER, CINNAMON

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE EGGS, SOYBEAN OIL, WHEY, FOOD STARCH-MODIFIED, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), VITAL WHEAT GLUTEN, SALT, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DEXTROSE, TRICALCIUM PHOSPHATE, ARTIFICIAL FLAVOR, WHEAT STARCH, CITRIC ACID, ASCORBIC ACID (DOUGH CONDITIONER), SOYBEAN OIL, WATER, ORANGE PULP, GLYCERIN, POPPY SEEDS, CONTAINS 2% OR LESS OF CALCIUM PROPIONATE